

# MOUNT VERNON INN RESTAURANT LUNCH MENU

## APPETIZERS

HOMEMADE SKILLET CORNBREAD  
served with vanilla bean honey butter 3

SKILLET BAKED MAC & CHEESE WITH BACON  
A blend of bacon, cheddar and Parmesan cheese 8

SPINACH & ARTICHOKE DIP  
Homemade with Asiago and cheddar cheese, served with  
flatbread toast points 9

COLONIAL HOECAKE  
Corn cake topped with country ham, sautéed  
crabmeat, and hollandaise sauce 10

CREOLE FRIED GREEN TOMATOES  
Deep fried and topped with bay shrimp, scallions, and  
cajun sauce 11

CATFISH FINGERS  
Cornmeal dusted and deep fried with remoulade and  
tartar sauce 12

GRILLED LEMON PEPPER WINGS +  
Seasoned with herbs and spices 12

LAMB CHOPS \*  
Tender lamb chops, lightly seasoned and seared, with  
onion straws and demi glacé 13

## SOUPS

**THE INN'S FAMOUS VIRGINIA PEANUT &  
CHESTNUT SOUP**  
Topped with roasted peanuts and water chestnuts  
*Cup 5, Bowl 7*

HOMEMADE SOUP OF THE DAY  
**Ask your server for today's featured soup**  
*Cup 6, Bowl 8*

BUTTERNUT SQUASH SOUP +  
Topped with caramelized pecans and spiced cream  
*Cup 6, Bowl 8*

## SANDWICHES

Sandwiches are served with homemade tavern chips  
*Substitute fries, 1 | Substitute Parmesan truffle fries, 2*

PULLED PORK BARBECUE SANDWICH +  
Topped with tobacco onion straws on a brioche bun; served  
with a side of cole slaw 10

FRIED GREEN TOMATO SANDWICH  
With avocado, arugula, and horseradish mayo; served on a  
ciabatta roll 11

GRILLED PORTOBELLO MUSHROOM SANDWICH +  
Topped with red onion, muenster cheese, roasted red peppers,  
arugula and marinara sauce; served on a brioche bun 12

TRADITIONAL TRIPLE DECKER CLUB  
Smoked turkey, Virginia peppered ham, Muenster cheese,  
bacon, lettuce, and tomato; served on white bread 13

ALL-AMERICAN BURGER +  
Topped with American cheese, bacon, sautéed onions, and  
mushrooms; served on a brioche bun 14

FRESH GROUPER SANDWICH +  
Grilled or fried with lettuce, tomato, cole slaw and remoulade  
sauce; served on a wheat bun 14

CHICKEN CORDON BLEU SANDWICH  
Fried chicken breast topped with Gruyere cheese, sliced ham,  
lettuce, tomato and Thousand Island dressing; served on a  
brioche bun 14

LAMB BURGER + \*  
Topped with tomato relish, feta cheese, caramelized onions  
and arugula; served on a brioche bun 15

BISON BURGER + \*  
Topped with bacon and caramelized onions; served on a  
brioche bun 16

FRENCH DIP +  
Slow roasted and shaved prime rib with caramelized onion  
and au jus; served on a sub roll 16

CRAB CAKE SANDWICH  
Sautéed all lump crab cake topped with lettuce and tomato,  
with a side of remoulade sauce; served on a brioche bun 18

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# ENTRÉE SALADS

## Homemade Dressings

Bleu Cheese, Ranch, Caesar, Balsamic Vinaigrette, Truffle Garlic Vinaigrette, Tomato Vinaigrette or Oil & Vinegar

## FRESH GARDEN SALAD +

Crisp romaine, shredded carrots, diced tomatoes, diced egg, parmesan croutons, and choice of dressing 9

## WARM GOAT CHEESE SALAD

Fresh spinach with red onions, diced tomatoes, avocado, almond-crusted goat cheese, and tomato vinaigrette 10

## CRISPY BRUSSEL SPROUT SALAD +

Mixed greens with shredded carrots, bleu cheese crumbles, bacon, and bleu cheese dressing 10

## CAESAR SALAD

Crisp romaine, shaved Parmesan, homemade garlic Parmesan croutons, and homemade Caesar dressing 10

## SPINACH AND STRAWBERRY SALAD +

Fresh spinach and strawberries over crème fraîche, topped with candied pecans and balsamic glaze 10

## CLASSIC WEDGE SALAD +

With bacon, bleu cheese crumbles, diced tomatoes, and bleu cheese dressing 10

## TAVERN COBB SALAD +

Crisp greens topped with turkey, tomato, bacon, egg, crumbled bleu cheese, and avocado 12

## BLACKENED AHI TUNA SALAD + \*

Mixed greens, cucumbers, roasted peppers, red onions, avocado, chimichurri sauce, honey and soy dressing 16

## STEAK SALAD + \*

Sirloin steak with arugula, feta cheese, tomatoes, cucumbers, crispy parsnips, and truffle garlic vinaigrette 18

Add to any salad:

Chicken 4 | Salmon 6 | Shrimp 7 | Crab cake 10

Please inform your server of all allergies before placing your order

# BEVERAGES

## REFRESH

Iced Tea, Soft Drinks or Milk 3

Sparkling Apple Cider 4

Mount Vernon Five Farms Root Beer 4

San Pellegrino 16.5oz 4.50 1L 5.50

Aqua Panna 16.5oz 4.50 1L 5.50

## SAVOR

Specialty Teas by the Pot 3

Coffee 3

Espresso 4

Cappuccino 5

# ENTRÉES

## COLONIAL TURKEY PYE

Turkey breast stewed with mixed vegetables in an open pie shell 12

## FRIED CHICKEN TENDER PLATTER

All-American chicken tenders served with fries and cole slaw 14

## ROASTED ROSEMARY CHICKEN +

Half chicken, roasted with rosemary, and served with chef's choice of potato and vegetable 15

## BACON-WRAPPED MEATLOAF

A blend of Italian ground beef and pork wrapped in Applewood smoked bacon, topped with tomato sauce and served with chef's choice of potato and vegetable 15

## SCOTCH COLLOPS

Light dusted and pan seared veal scaloppini served with mashed potatoes, garden vegetables and pan mushroom sauce 16

## SHRIMP & GRITS

Jumbo shrimp sautéed in white wine with shallots, garlic, tomato, and basil, served with George Washington's Gritsmills Grits 17

## BEEF SHORT RIBS +

Topped with pan sauce, served with mashed potatoes and chef's choice of vegetable 18

## FISH OF THE DAY +

Topped with choice of lemon butter or chimichurri sauce, served with sauteed garlic spinach and chef's choice of potato Market Price

# PASTAS

## VEGETABLE SCAMPI

Served with tomatoes, asparagus, spinach, shallots, broccoli, garlic butter sauce, and Parmesan cheese over fettuccine 14

Add chicken 4, salmon 6, or shrimp 7

## VEGETABLE LASAGNA

Six layers of fresh garden vegetables, ricotta, cottage, mozzarella cheese, and herbs 13

# SIDES

Cole Slaw 3 +

Potato Salad 3 +

Gristmill Grits 4

Estate Grown Vegetables 4 +

Grilled Asparagus 5 +

Parmesan Truffle Fries 5

Sautéed Garlic Spinach 5 +

Fresh Steamed Broccoli 5 +

+ Indicates gluten free items. Please inform your server of any allergies before placing your order.

\* Item may contain raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

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# MOUNT VERNON INN

## RESTAURANT

### DINNER

#### APPETIZERS

**SKILLET BAKED MAC & CHEESE WITH BACON**  
A blend of bacon and cheddar and Parmesan cheeses 8

**SPINACH & ARTICHOKE DIP**  
Homemade with Asiago and cheddar cheese, served with flatbread toast points 9

**COLONIAL HOECAKE**  
Corn cake topped with country ham, sautéed crabmeat, and hollandaise sauce 10

**FRIED BRIE**  
Lightly battered French Brie with homemade strawberry jam and crackers 10

**CREOLE FRIED GREEN TOMATOES**  
Deep fried and topped with bay shrimp, scallions, and cajun sauce 11

**FRIED CALAMARI**  
With sambal and remoulade sauce 11

**CATFISH FINGERS**  
Cornmeal dusted and deep fried with remoulade and tartar sauce 12

**LAMB CHOPS \***  
Tender lamb chops lightly seasoned and seared with onion straws and demi-glacé 13

**JUMBO LUMP CRAB CAKE**  
All lump crab cake with hollandaise sauce and micro greens 16

#### SOUPS

**THE INN'S FAMOUS VIRGINIA PEANUT & CHESTNUT SOUP**  
Topped with roasted peanuts and water chestnuts  
*Cup 5, Bowl 7*

**HOMEMADE SOUP OF THE DAY**  
Ask your server for today's chef-inspired specialty soup  
*Cup 6, Bowl 8*

**BUTTERNUT SQUASH SOUP**  
Topped with caramelized pecans and spiced cream  
*Cup 6, Bowl 8*

#### SALADS

*Homemade dressings: bleu cheese, ranch, Caesar, balsamic vinaigrette, garlic truffle vinaigrette, tomato vinaigrette, or oil & vinegar*  
*Add to any salad: chicken 4, salmon 6, or shrimp 7*

**GARDEN SALAD**  
Crisp romaine, shredded carrots, diced tomatoes, diced egg, Parmesan croutons, and choice of dressing 9

**CAESAR SALAD**  
Crisp romaine, shaved Parmesan, homemade garlic Parmesan croutons, and homemade Caesar dressing 10

**CLASSIC WEDGE SALAD +**  
Crisp iceberg lettuce wedge with bacon, bleu cheese crumbles, diced tomatoes, and bleu cheese dressing 10

**CRISPY BRUSSELS SPROUT SALAD**  
Mixed greens with shredded carrots, bleu cheese crumbles, bacon, and bleu cheese dressing 10

**SPINACH & STRAWBERRY SALAD +**  
Fresh spinach and strawberries over crème fraîche, topped with candied pecans and balsamic glaze 10

**WARM GOAT CHEESE SALAD**  
Fresh spinach with red onions, diced tomatoes, avocado, almond-crusting goat cheese, and tomato vinaigrette 10

**BLACKENED AHI TUNA SALAD +**  
Mixed greens, cucumbers, roasted peppers, red onions, avocado, chimichurri sauce, and honey soy dressing 18

**STEAK SALAD +**  
Sirloin steak with arugula, feta cheese, tomatoes, cucumbers, crispy parsnips, and truffle garlic vinaigrette 18

#### BEVERAGES

San Pellegrino 16.5oz 4.50 1 L 5.50  
Aqua Panna 16.5oz 4.50 1 L 5.50  
Mount Vernon Five Farms Root Beer 4  
Sparkling apple cider 4  
Iced tea, soft drinks or milk 3  
Cappuccino 5  
Espresso 4  
Coffee 3  
Specialty teas by the pot 3

## ENTRÉES & SEAFOOD

*Add a side garden or Caesar salad to any entrée, 3*

### BACON AND CHEDDAR BURGER \*

8 oz. burger with lettuce, tomato, bacon, and cheese; served on a brioche bun with french fries 16

### VEGETABLE SCAMPI

Served with tomatoes, asparagus, spinach, shallots, broccoli, garlic butter sauce, and Parmesan cheese tossed in fettuccine 17

*Add chicken 4, salmon 6, or shrimp 7*

### BISON BURGER \*+

Topped with bacon and caramelized onions, served on a brioche bun with a side of french fries 18

### BEEF SHORT RIBS +

Bone-in, topped with pan sauce, served with garlic mashed potatoes and crispy Brussels sprouts 20

### SCOTCH COLLOPS

Light dusted and pan seared veal scaloppini served with garlic mashed potatoes, garden vegetables, and pan mushroom sauce 22

### SOUTHERN FRIED CHICKEN

Lightly dusted with herbs and spices, served with garlic mashed potatoes and coleslaw 22

### GRILLED SALMON\*\*

8 oz. fresh grilled salmon topped with sambal sauce, served with garlic mashed potatoes and caramelized french green beans and shallots 22

### ROAST DUCK

One half Long Island duckling marinated for 24 hours, then slow roasted and finished with apricot glaze. Served with garlic mashed potatoes, caramelized french green beans and shallots 23

### PORK CHOP \*+

8 oz. French-cut Duroc chop, spice-rubbed and topped with apple bourbon glaze, served with sweet mashed potatoes and garlic spinach 23

### BRAISED LAMB SHANK +

Topped with rosemary lamb demi-glace, served with garlic mashed potatoes, crispy Brussels sprouts, and shallots 24

### SHRIMP & GRITS

Jumbo shrimp sautéed in white wine, shallots, garlic, tomato, and basil, served with George Washington's Gristmill Grits 25

### FISH OF THE DAY +

Topped with choice of lemon butter or chimichurri sauce, served with sautéed garlic spinach and garlic mashed potato *Market Price*

## STEAKS

*USDA top choice or higher aged beef. Cut fresh daily.*

*All steaks are aged for a minimum of 21 days for maximum tenderness and peak flavor. Steak entrees are accompanied by garlic mashed potatoes, caramelized french green beans, and shallots.*

### PRIME RIB \*

Tender, well-seasoned and slow roasted ribeye

8 oz. 26

12 oz. 32

16 oz. 36

### 10 oz. SIRLOIN STEAK \*

The most tender sirloin cut, lean and full of flavor 26

### 7 oz. FILET MIGNON \*

The most tender cut of beef 28

### 14 oz. BOURBON RIBEYE \*

A tender, well-marbled for peak flavor, and bourbon marinated 34

### STEAK TOPPINGS

Horseradish crust 3

Chimichurri 3 +

Port wine mushroom sauce 4 +

Oscar style: jumbo lump crabmeat with béarnaise sauce 6 +

## SIDES

*Serves two*

Estate grown vegetables 6 +

Parmesan truffle fries 5

Sautéed garlic spinach 5 +

Fresh steamed broccoli 5 +

Grilled asparagus 5 +

Gristmill grits 4

Potato salad 3 +

Cole slaw 3 +

+ Indicates reduced gluten items. Please inform your server of any allergies before placing your order.

\* Item may contain raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

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# Gluten Allergy vs Celiac's Disease

Celiac disease is one of the most common autoimmune conditions affecting approximately 1 in 133 people. Even though celiac disease is very common, more than 80% of celiac disease patients remain undiagnosed. Celiac disease is a chronic, autoimmune digestive disorder that results in inflammation of the small intestine of genetically-susceptible individuals when they ingest gluten. In patients with celiac disease, ingestion of gluten results in an abnormal immune response that results in inflammation within the small intestine. Gluten is the protein fragments of wheat, rye and barley that triggers the disease. Gluten is the compound that gives elasticity to dough and makes bread chewy. The only treatment at this time for celiac disease is adherence to a gluten-free diet.

Symptoms of celiac disease can include abdominal bloating, diarrhea and even constipation. Celiac disease can also cause fatigue, iron deficiency anemia, osteoporosis, weight loss and malnutrition.

## Non-Celiac Gluten Sensitivity

Non-celiac gluten sensitivity (NCGS) is a poorly understood condition that has recently received a lot of attention from patients, care providers, researchers and the media. NCGS is a condition that produces symptoms similar to those seen in celiac disease, however, unlike celiac disease, it is not an autoimmune disorder and does not have a genetic component. This means that when someone with NCGS eats gluten, it will not cause damage to the small intestine but will still produce symptoms.

Common symptoms of NCGS are mental fatigue ("brain fog"), lack of energy or lethargy, gas, bloating, abdominal pain or cramps, diarrhea and even constipation. At this time it is unclear if gluten is the cause of NCGS or if it might be a reaction to a specific sugar or chemical component found in wheat.

Unfortunately, unlike celiac disease, there is no diagnostic test for NCGS...it is a diagnosis of exclusion. This means that your gastroenterologist will only diagnose you with NCGS if both celiac disease and wheat allergy have been ruled out.

In order to be tested for celiac disease YOU MUST BE EATING GLUTEN! Please do not initiate a gluten free diet until you have been tested for both celiac disease and wheat allergy.

## Wheat Allergy

Food allergies are caused by a specific, reproducible immune response to a particular structural aspect of a "problem food." Food allergies most commonly are caused by allergic antibodies (IgE) to the food(s) in question, or more rarely may result from other specialized immune pathways (non-IgE mediated). Once the allergy is identified, avoidance of the specific problem food will resolve the symptoms. Most allergic reactions to foods result from unintentional exposures in individuals with a known food allergy

